

## My Feelings

<b>Grade Level</b>	Eighth
<b>Minimum Time Required</b>	40 Minutes
<b>Materials/Resources</b>	Balloons, Construction Paper
<b>Subject Area(s)</b>	Guidance

### Project Description:

1. Tell students that we all have feelings. Feelings are a normal part of life. Different people may feel differently about the exact same thing. Feelings aren't right or wrong; some are just easier to deal with.
2. Ask students to brainstorm a list of feelings they have had and the situation they were in that led to them. Write out the feelings on the board. (One option is to have students write them on colored paper and paste on a cutout of a person or even role-play.)
3. Ask students:
  - a) What happens if you leave all your feelings inside?
  - b) Why is it important to talk about feelings?
  - c) Are feelings easy or hard to talk about with another person?
4. Bring in the balloon, blow it up until it pops. Then talk about holding in feelings until they pop. Talk about the different types of popping. Talk about how feelings are like air in a balloon – too much and it will pop; too little and it doesn't float; just the right amount and when it's released, it flies.
5. Talk about how people feel when they are in conflict. Make a list. Discuss and emphasize that all feelings are okay, but how we express them is not. It is okay to have a feeling; it is not okay to hurt someone when expressing it. Focus on controlling the behavior; **not** the feeling.

<b>Career Development Standard</b>	Knowledge of the importance of growth and change.
<b>Career Development Indicator</b>	Identify feelings associated with significant experiences
<b>Delivery Level</b>	Review
<b>Academic Standards</b>	
<b>Language Arts</b>	3.3.a Analyze and assess oral/visual information for usefulness. 3.3.b Use specific questioning strategies to comprehend oral/visual information.
<b>Employability/SCANS Skills</b>	Basic Skill Thinking Skills
<b>Assessment/Rubric</b>	Students will be evaluated on class participation.

**Submitted by:** Career Kit for Kids – Grade 8